a central groove at least partially defined by inwardly facing sides of said resilient material which are beveled outward toward said upper surface, said groove extending to form a scrotum channel positioned roughly in the longitudinal center of said saddle, said groove having a leading edge defined by said resilient material, said groove narrowing as said groove extends toward said scrotum channel along a longitudinal axis from approximately said back end of said frame; and

said leading edge of said groove extending forward to about midway through said front half of said padding layer; and

wherein said groove provides an open space for relieving pressure on the pudendal arteries.

26. An ergonomic bicycle seat, comprising:

a rigid frame defining a front end, a back end, a front half, a back half, a first outer side and a second outer side, said frame defining a first support surface at said front end of said seat extending from said first outer side to said second outer side and generally widening from front to back;

a resilient padding layer disposed on top of said frame and having a front end, a back end, a front half, a back half, a first outer side and a second outer side, said padding layer being continuous from said first outer side to said second outer side at said front end of said padding layer, and defining an upper surface;

a central groove at least partially defined by inwardly facing sides of said resilient material which are beveled outward toward said upper surface, said groove extending to form a scrotum channel positioned roughly in the longitudinal center of said seat, said groove having a leading edge defined by said resilient material, said groove narrowing as said groove extends toward said scrotum channel along a longitudinal axis from approximately said back end of said frame; and

wherein said groove is approximately one inch wide at a location midway between said front end and said back end of said frame.